



Serves: 4

Brown Rice “Spaghetti” with Creamy Mushroom Sauce

Ingredients

- Brown rice spaghetti 300g*
- Salt ½ tsp
- Olive oil (for tossing) 1 tsp*
- Olive oil (for pan-frying) 4 tsp*
- Garlic, minced 5g
- Onion, chopped 20g
- Canned mushrooms, sliced 160g*
- Chicken stock 200ml*
- Cream 80ml*
- Pepper, to taste
- Parmesan cheese, shaved 2 tsp*

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Tips:

- Use more water when cooking whole-grains, as whole-grains absorb more water than refined grains.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers for soup stock.
- Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate and act as natural flavour enhancers.

Method

- Blanch spaghetti for 10 seconds and rinse under cold water for 3 minutes. Toss with olive oil to prevent sticking.
- In a pre-heated pan, add olive oil, then onion and garlic. Sauté till fragrant.
- Add mushrooms and cook for 1 minute under high heat.
- Add chicken stock, cream, salt and then lower heat. Add cooked spaghetti and toss.
- Garnish with parmesan cheese for additional taste and flavour.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 389kcal

Protein 8.7g

Total fat (g and % of total calories)

10.2g (24.3%)

Saturated fat 3.0g

Cholesterol 11mg

Carbohydrate 62.4g

Dietary Fibre 4.4g

Sodium 559mg